

## Training and Match Exposure Form

Please find below examples of how to measure training and match exposure in tennis.

- Example 1 represents a rudimentary way of tracking the duration of tennis-related activities.
- Example 2 quantifies the (perceived) intensity, volume and type of tennis-related activities.
- Example 3 offers more granular dissection of the load of on-court tennis activities, where sensor and camera technologies are deployed to quantify the type (and intensity) of each tennis shot or movement.

### Example 1. Basic training and match exposure (time)

Player's reference number: \_\_\_\_\_

Exposure per week (in minutes):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total mins/week
Matchplay (singles)	-	-	150	-	90	55		295
Matchplay (doubles)	-	-	-	-		105	70	175
Tennis skills & drills	120	120	-	60	60	25	-	385
Strength training	30	-	-	-	40	-	-	70
Conditioning	50	35	-	-	20	-	-	105
Movement/speed/agility	10	-	20	35	-	-	-	65
Body management skills	-	-	50	-	-	30	-	80
Other sports	-	-	60	-	-	-	-	60

**Example 2: Training and match exposure (intensity, time & load)**

Player's reference number: \_\_\_\_\_

		<b>sRPE (1-10)</b>	<b>Duration (minutes)</b>	<b>Load (AU)</b>	<b>Sports code</b>
<b>Day 1</b>	<b>Session 1</b>	4	60	240	3
	<b>Session 2</b>	5	90	450	3
	<b>Session 3</b>	5	60	300	5
<b>Day 2</b>	<b>Session 1</b>	6	90	540	1
	<b>Session 2</b>	4	70	280	2
	<b>Session 3</b>	1	20	20	5
<b>Day 3</b>	<b>Rest</b>				-
<b>Day 4</b>	<b>Session 1</b>	4	90	360	5
	<b>Session 2</b>	3	60	180	7
<b>Day 5</b>	<b>Session 1</b>	3	40	120	3
	<b>Session 2</b>	6	150	900	1
	<b>Session 3</b>	4	60	240	3
	<b>Session 4</b>	7	40	280	5
<b>Day 6</b>	<b>Session 1</b>	6	60	360	6
	<b>Session 2</b>	4	135	540	8
<b>Day 7</b>	<b>Rest</b>				-

AU = Arbitrary Unit; sRPE = session Rate of Perceived Exertion

**Sports coding:**

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Matchplay (singles)</li> <li>2. Matchplay doubles</li> <li>3. Tennis skills &amp; drills</li> <li>4. Strength training</li> </ol> | <ol style="list-style-type: none"> <li>5. Conditioning</li> <li>6. Movement / speed / agility</li> <li>7. Body management skills</li> <li>8. Other sports</li> </ol> |
|---|--|

**Example 3. Training and match exposure (type of stroke, number & velocity; distance, acceleration & changes of direction)**

Player's reference number: \_\_\_\_\_

		Serves		Forehands		Backhands		Movement		
		Number (n)	Mean velocity (km/hr)	Number (n)	Mean velocity (km/hr)	Number (n)	Mean velocity (km/hr)	Distance (m)	Total acceleration (m.s <sup>-2</sup> )	Changes of direction (n)
Day 1	Session 1	34	153	220	99	151	89	4278	1908	162
	Session 2	66	172	180	95	110	88	2936	1498	165
Day 2	Session 1	26	146	198	93	146	91	3333	1678	84
	Session 2	82	174	232	94	166	87	3454	1819	109
Day 3	Session 1	88	171	159	100	126	90	3724	1860	208
	Session 2									
Day 4	Session 1	46	169	190	101	171	85	3245	1556	74
	Session 2	10	176	246	98	168	85	4319	2078	177
Day 5	Session 1	38	165	112	98	205	91	3338	1752	146
	Session 2	72	160	144	100	108	94	2938	1510	143
Day 6	Session 1	18	164	149	96	94	89	3423	1609	172
	Session 2	22	158	56	95	44	88	2558	914	70
Day 7	Rest									